

## Cooking Demonstration: Fifty Shades of Grain

### Event Date:

Thu, Oct 29, 2015

*Adrienne Cook, Gardening and Cooking Writer and Danielle Cook, MS, Nutritionist and Cooking Instructor*

What other nutrient-rich and deeply satisfying grains are out there and how do you cook them? Two recipes from the Cook Sisters will feature the panoply of grains now easily accessible at supermarkets and on line. Delicious, comforting dishes for fall dining and beyond.

Date: Thursday, October 29

Time: 12 p.m. to 12:45 p.m.

Location: Conservatory Garden Court

FREE: No pre-registration required



---

**Source URL:** <http://www.usbg.gov/events/2015/08/03/cooking-demonstration-fifty-shades-grain-1>